



FACT SHEET

Department of Environmental Health and Safety
Albert Einstein College of Medicine of Yeshiva University

Safety is Everyone's Responsibility

Phone: 718 430-4150

e-mail: safety@einstein.yu.edu

FAX: 718 430-8740

LADDER SAFETY

Many accidents occur using ladders, both at home and at work.

- 300 people die each year in falls from ladders
- Ladders account for 100,000 injuries each year
- All ladder accidents can be prevented
- Most ladder falls involve portable ladders
 - Unstable or slippery-base surfaces are primary reason
 - Other causes of ladder falls include:
 - Misstep or a slip of the foot
 - Loss of balance
 - Overreach
 - Being struck by vehicle, door, or other
- Golden rules of Ladder Safety
 - Select the right ladder for the job
 - Select the right size ladder
 - Select the proper rated ladder
 - Ladders are rated for weight load; check ladder label
 - Inspect the ladder before you use it
 - Damaged ladders should not be used and taken out of service
 - Set up the ladder with care
 - The base of the ladder should be level and stable
 - Never set up a ladder where a door can easily open onto the ladder
 - Climb and descend ladders cautiously
 - Face ladder and hold on with both hands
 - Always use three (3) points of contact when climbing or descending a ladder
 - Use belt or hand line to raise/lower tools/materials
 - Check shoes and rungs for slippery surfaces
 - Avoid leaning past side rails of ladder
 - Never climb higher than the second step from the top
 - For straight ladders:
 - Extend three feet above roof line
 - Tie straight ladder down to prevent moving
 - Use 1 to 4 ratio when setting up the ladder
 - For each 4 foot of height of ladder, the ladder should be 1 foot from the wall
 - The pitch of the ladder is correct if you can extend your arms comfortable to reach the ladder
- **Slightly risky acts eventually lead to very serious injuries!**